



BREAKING DOWN BARRIERS
Independent Living Resource Centre
Simcoe • Grey • Bruce



Volunteer to Volunteer

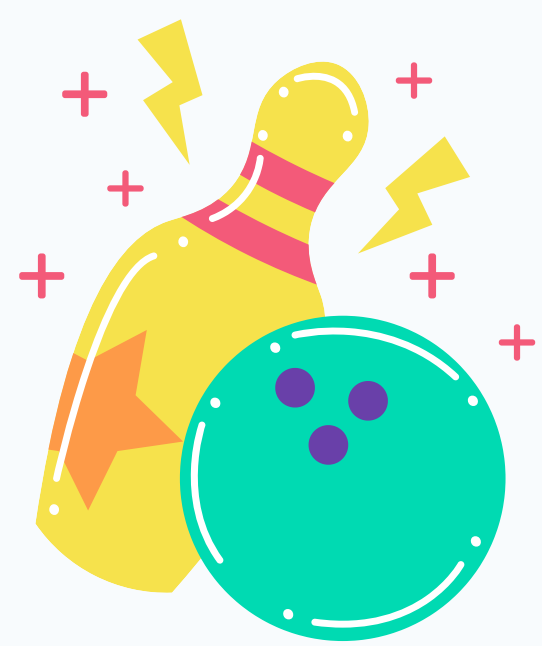
Summer Edition 2023



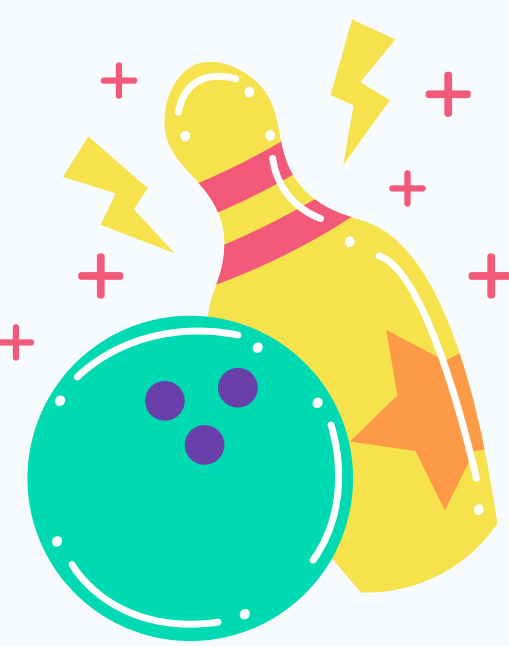
Fun In The Sun

Summer brings with it the warmth and radiance of the sun to brighten up our days. As we step outside at BDB, we are greeted by the beautiful sight of our vibrant and thriving garden, which is bursting with life. The combination of ample sunshine and care has resulted in an awe-inspiring display of nature's bounty.





Bowling Down Barriers



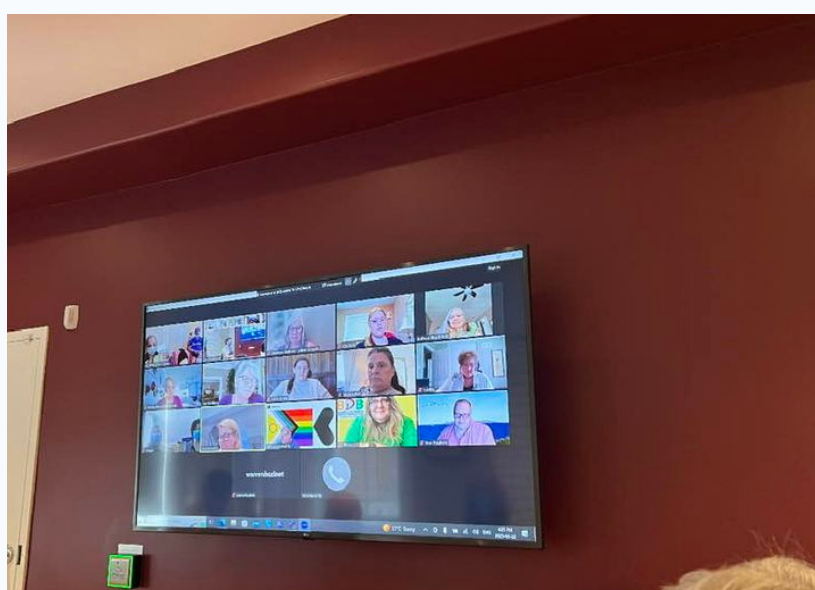
BDB's 'Bowling Down Barriers' fundraiser was held on June 17th and was quite the success! Along with bowling, everyone enjoyed lunch, a silent auction, 50/50 draws, games and more. This was our first in-person fundraiser since 2020 and we had many individuals participate raising over \$8000 dollars! All the proceeds from this fundraiser go directly to programs and services for Consumers!

A big thank you to everyone who came out and to Georgian Bowl for having us. What a fun day!



Annual General Meeting

In June, BDB's 38th Annual General Meeting (AGM) was held as a hybrid event (on Zoom and in-person). We had a good turnout and your commitment in attending and ensuring your vote is counted is appreciated. BDB has accomplished so much to be proud of and we look forward to what lies ahead. Congratulations to the five new Board Members beginning their 3-year terms. We also want to extend special thanks to Tom, IL Canada Chair, for delivering an engaging keynote speech at the event. As we continue to grow our hybrid approach to programs, we look forward to having you, our valued volunteer, return in-house assisting Consumers and staff..





OUT AND ABOUT



BDB booth at Stayner Music, Market and Park It Event



BDB booth at South Georgian Bay Parkinson's Festival



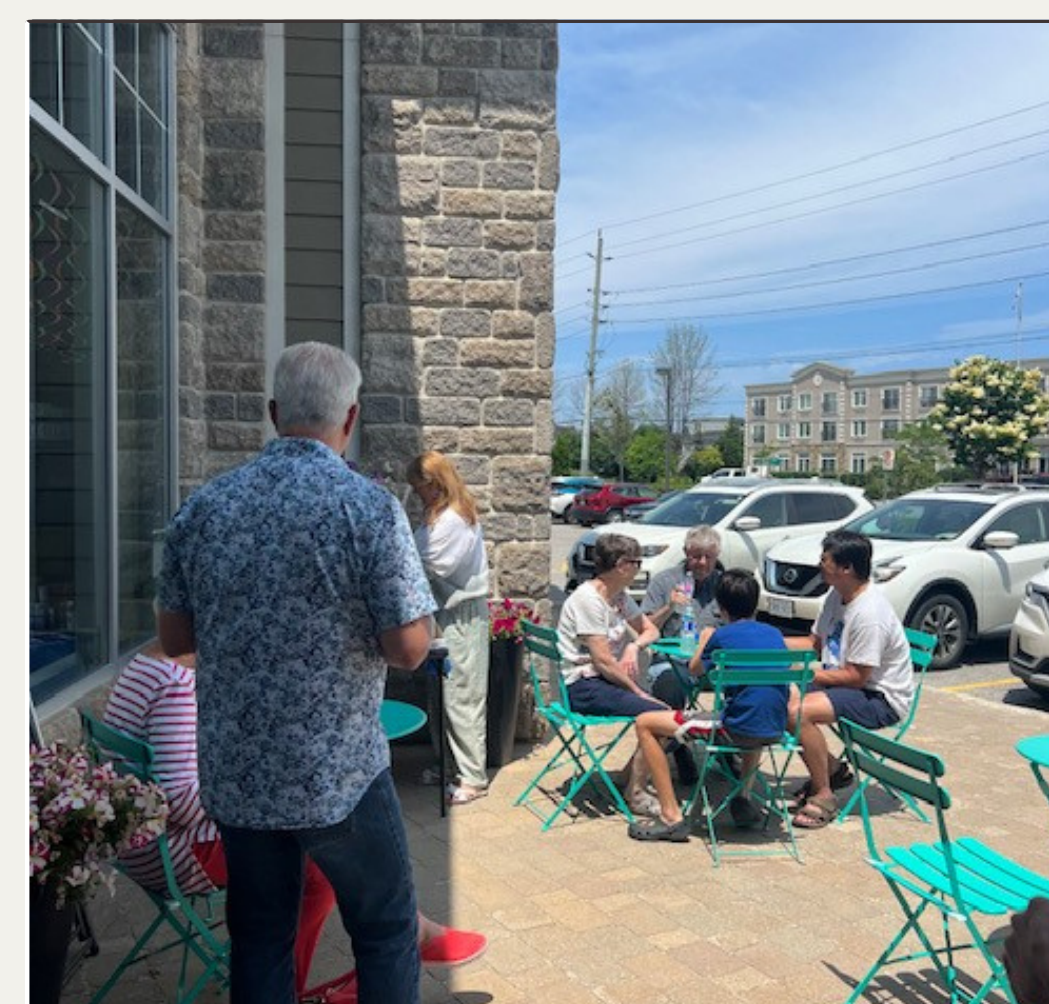


OUT AND ABOUT



**Orchard
Health Foods**

**BDB booth at Orchard
Health Foods Customer
Appreciation Day**



**Rotary
International
Members from
India stopping
by to see our
BDB Centre**

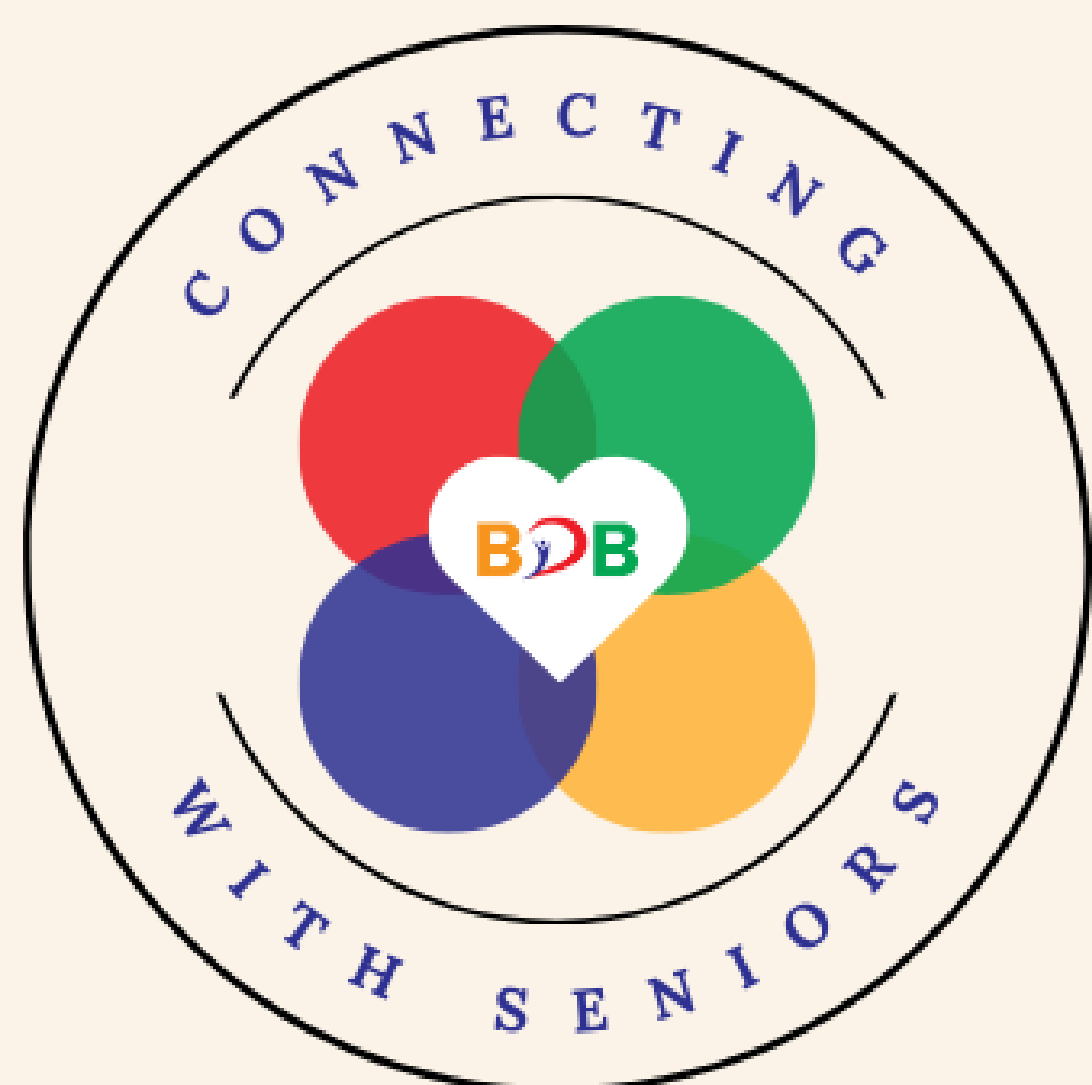


Programs

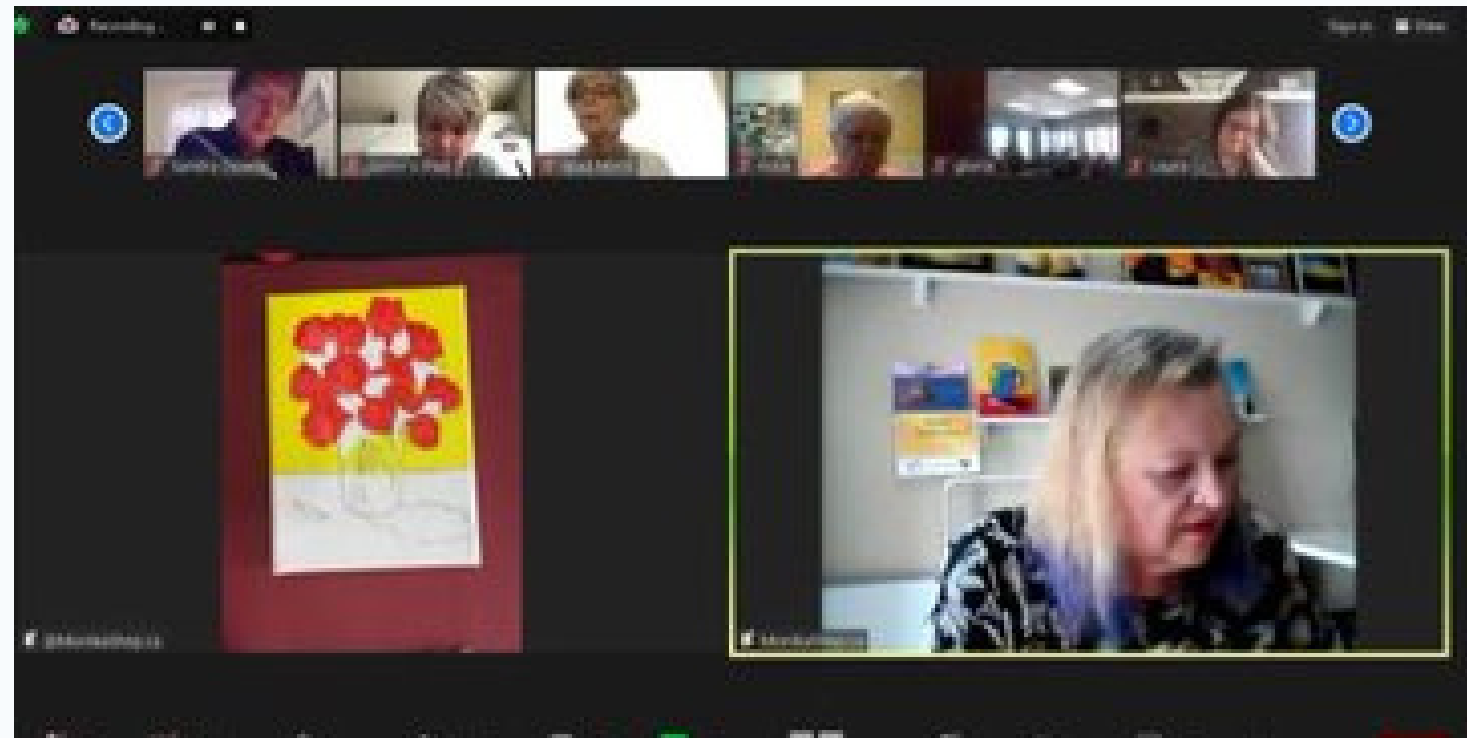


Our **Diabetes Information Group (DIG)**, with its new cultural approach for care, has been taking some of its programs on the road. Whether you live with diabetes or not, it's all about embracing a healthier more manageable lifestyle.

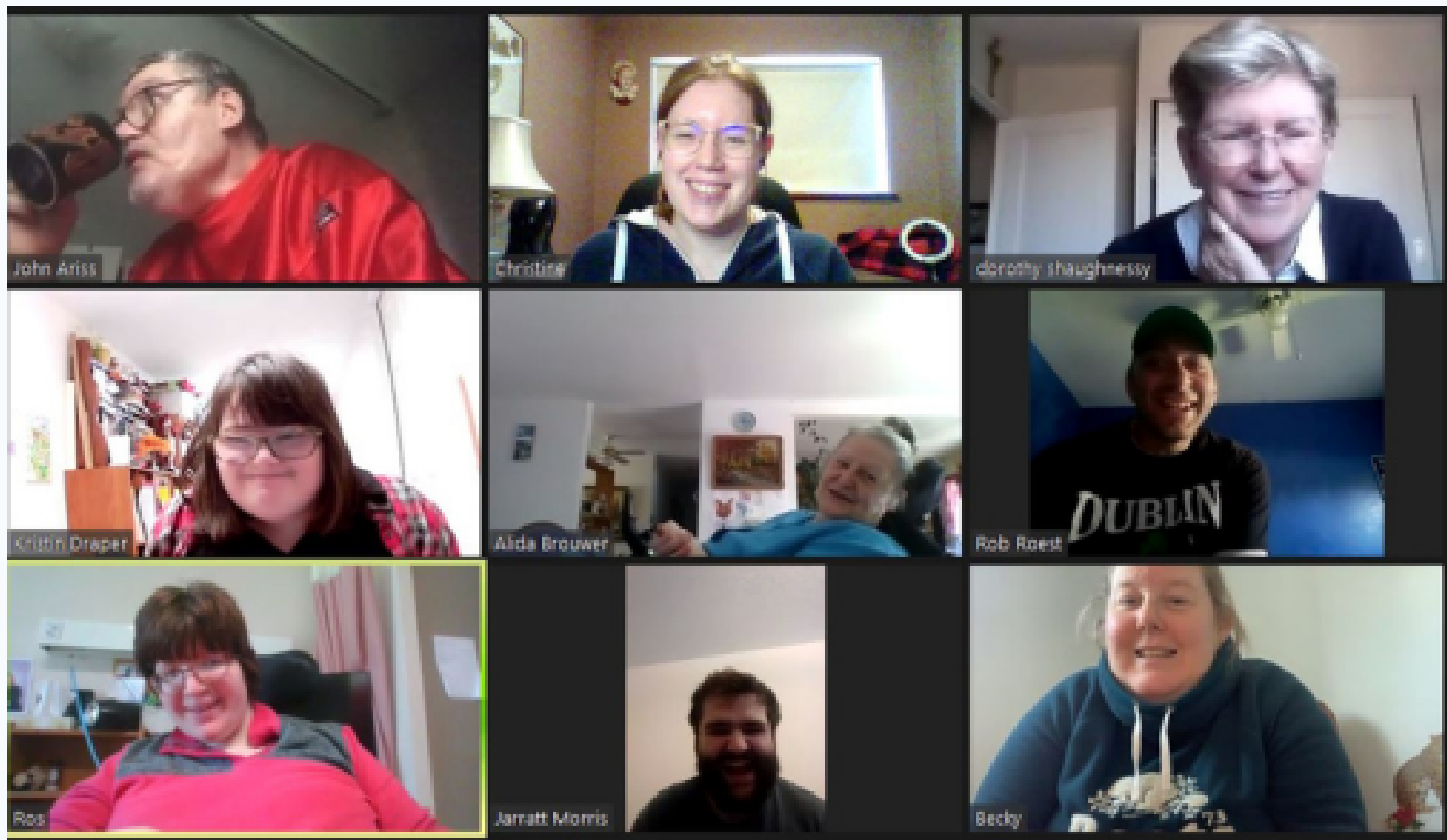
In June, DIG took a trip to the Physio Hub in Collingwood where Matt and Robyn demonstrated various exercises for better foot and limb care and July is a pastry chef baking up diabetic-friendly strudel.



Connecting With Seniors is growing more and more every day and we couldn't be happier! It's a chance to socially connect, try a new skill, have fun with arts & crafts, be informed with health and wellness guest presenters, cooking demos or just be entertained. We have seen some of you join in - thank you! Hope to see you again soon as we have so many great topics and activities coming up!

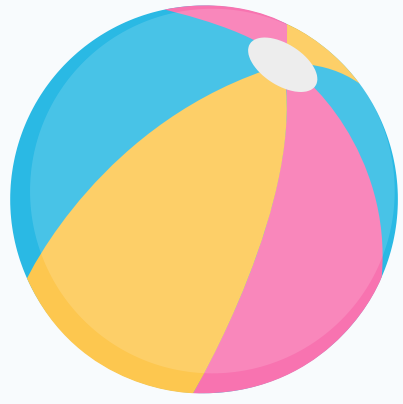


As always, Friendship Cafe is a Consumer favourite ! In June, the group read the novel 'Gemma' together. This program has been a great way for Consumers to connect with each other. There are always new activities, games and great conversations taking place.



Canada Summer Jobs Program

Comes to an End



Thanks for Everything

Our Canada Summer Jobs, Youth Employment program is reaching its end. We want to express our heartfelt gratitude to Patricia, Megan, and Christine for their exceptional contributions. Fortunately, Christine will continue her role as Peer Support, while Megan pursues further education and Patricia embarks on a new journey beyond Collingwood. We wish them both the best of luck and eagerly anticipate the opportunity to reconnect in the future.

We hope you have a great summer and we'll see you around the Centre soon!